

# SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

## YOGA

Children are introduced to basic yoga poses, breathing and relaxation techniques, yoga songs and chants, nursery rhymes, stories, yoga games and more. All classes are based on a variety of interesting themes in a fun-filled and age appropriate way.

**Schedule:** ***Fridays, \*To be determined\****  
*(Please call Kirsten at 938-8893 or Parent Central at 938-4458/0939 to be added to an interest list for Yoga – when we have 6 children interested in either or both classes we will begin a new 5-week session)*

***4:00-4:45pm School-Age Yoga (Ages 5 years & up)***  
*or*  
***5:00-5:45pm Parent/Child Yoga (Ages 2-4 years – parent participates)***

**Cost:** \$33.00 for 5 classes

**Location:** Lee Area Child Development Center, Bldg. 140

**Instructor:** Emily Flay from The Children's School of Yoga

**Attire:** Play clothes and socks or non-skid slippers

All Students must have a CURRENT CYSS Membership & up-to-date shot record on file at Parent Central before registering for class.

*\*As per the Department of Army October 2010 Fee guidance, refunds are not authorized for withdrawal from a SKIES Instructional Program.\**



U.S. Army Child, Youth  
& School Services

West Point Child, Youth and School Services  
SKIES Instructional Program, 938-8893  
Parent Central, 938-4458/0939  
[www.westpointmwr.com](http://www.westpointmwr.com)

